

Baked Green Beans, Squash, and Ham

Baked green beans, squash, and ham is an excellent awakening to spring and summer garden fare. This dish can be eaten by itself, or as a side dish to a larger meal. For a vegetarian version, use mushrooms in place of meat. Fresh from the garden or farmers market vegetables are best. Grocery store vegetables will need additional flavor. Freezing doesn't affect fresh vegetable flavor, though they may add water to the pan as they thaw. Vegetable and meat combinations such as this can be chopped and frozen together while fresh. They do not need to be cooked before freezing.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon
- Butter (lactose)
- Green Beans
- Ham
- Honey (diabetics)
- Mushrooms
- Onions
- Pepper
- Pork
- Squash (seeds)
- Spices

Meatless Preparation Avoid:

- Bacon
- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

Fork

Pot holders

Spoon

Pan: 2.5 quart oven safe oblong pan with lid

Ingredients:**Meat:**

1/4 cup chopped bacon, or

1/4 cup of chopped ham

Vegetables:

15 ounces of green beans (blue lake, or sliced work best)

1 yellow squash, or

1 zucchini

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes**Preparation:**

From fresh: Pick, wash, and slice 12 ounces of beans and 12 ounces of yellow squash, or zucchini, probably 45 minutes work before cooking.

1. Wash and slice:

15 ounces of green beans

1 yellow squash, or

1 zucchini

Slice:

1/4 cup chopped bacon, or

1/4 cup of chopped ham

2. Add to 2.5 quart oven safe oblong pan with lid:

1/4 cup chopped bacon, or

1/4 cup of chopped ham

1 tablespoon of butter

15 ounces of green beans

1 yellow squash, or

1 zucchini

Dash of salt

Spices, such as pepper, to taste

Enough water to fully cover the contents

3. Cover and place in oven.**Cook Temperature: 350 degrees**

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.